

A N N U A L  
N A R R A T I V E R E P O R T

for

P I N A L C O U N T Y

Virginia E. Twitty  
County Home Demonstration Agent

August 20, 1955

to

November 30, 1955

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Pinal County  
1955

SITUATION                      --                      Report from Aug. 20, 1955 to Nov. 30, 1955

There are now 10 Homemaker Clubs in Pinal County. These clubs are:

Club	President
Casa Grande Afternoon	Mrs. G.T. Akin
Casa Grande Evening	Mrs. William Cobb
Eloy	Mrs. L.E. Kinnie
Kenilworth	Mrs. Weldon Jones
Mammoth	Mrs. Catherine Miller
Maricopa	Mrs. Hubert W. Hatch
Ray	Mrs. F.J. Alexander
San Manuel	Mrs. Rollie Olsen
Sun Valley	Mrs. Joe Short
Superior	Mrs. A. D. Lawson

Three of these clubs hold their meeting in the evening. All meetings are held in homes except Eloy and their meetings are in the Community Center.

County Homemaker Council Officers for 1956, elected in November are:

President - Mrs. Joe Short - Sun Valley  
Vice Pres. - Mrs. Hugh Deifenbaugh - Casa Grande Afternoon  
Sectretary & Treasurer - Mrs. Hans Christensen - Kenilworth

Officers training for 1956 will be held in Coolidge January 11.

The 1956 years program as planned in October by the Homemakers is:

Foods - 1. Easy Hostessing & Simple Desserts  
          2. Oven Meals  
Clothing - 1. Color Selection  
              2. Sewing Machine Attachments  
Home Management - 1. Kitchen Storage  
                      2. Selection & Use of Small Accessories  
                          for the Living Room  
Health - 1. Mental Health for Homemakers  
          2. Care of the Feet

ORGANIZATION & PLANNING

Home Demonstration Agent, Virginia Twitty reported to the county office August 20, 1955. The following week was spent at 4-H club Round-up in Tucson.

Since it was necessary to make immediate plans for county Homemakers Council meeting and to get program plans for 1956 under way, Miss Jean Stewart, State Home Demonstration Leader spent 2 days in the county giving assistance. County Council President Mrs. Rollie Olsen of San Manuel was

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visited and September 28 set as the date for County Council meeting.

The pre-program planning meeting usually held in the Spring, was cancelled because the Agent had left. Due to this situation the Agent prepared, and sent to each homemaker member, a letter presenting the past county program project situations and thought provoking questions in all phases of homemaking. (copy follows). In this way each member had the opportunity to give serious thought to program planning before the September meeting of their local club.

The Agent visited clubs in September and found each group coming to rather definite conclusions on the desires of the club for their voting delegates. Delegates came to the Council meeting on September 28 with rather specific ideas as to what their club would like on the program. Forty women from 8 clubs attend this meeting in Eloy. It was a busy day without any business other than the usual procedure of subject matter discussion groups in the morning. Discussion of what the women wanted and what might be included in each selected topic followed lunch. Votes were for selection of the following topics of study for 1956:

- Foods - 1. Easy Hostessing & Simple Desserts
- 2. Oven Meals
- Clothing - 1. Color Selection
- 2. Sewing Machine Attachments
- Home Management - 1. Kitchen Storage
- 2. Selecting Small Accessories
- Health - 1. Mental Health
- 2. Care of the Feet

There was lively and wholehearted but earnest participation in the entire days program. Several of the women expressed satisfaction for the accomplishments of the day and enthusiasm for the years program ahead.

The Agent was able to present a few ideas for developing the H.D.A. and 4-H club programs in the County. Other than these and announcements the women were glad to have the day for planning their program for the coming year.

New Homemaker clubs have been organized in San Manuel and Mammoth. These are each in the mining areas of the county. In each club there is one or two members who are former Homemaker members. Mrs. Dorothy Olsen 1954 and 1955 Pinal County Council President has been made president of San Manuel.

Homemakers Achievement, held November 1st. at 11-Mile Corner was very successful with exhibits from each club. Skits from 6 clubs and a beautiful dinner pot-luck style. Sixty-eight Homemakers and guests from 8 clubs were present. Ray Homemakers had competing activities in their community so were not presented. The newly organized San Manuel club had 9 members present.

The Casa Grande Afternoon club presented a very nice skit giving the right and wrong ways of caring for a sick patient at home. This was information from the Home Nursing training the members had early in 1955.

There had been quite a lot of confusion and discussion concerning whether or not to include, in exhibits, only those things done in Homemaker lessons or also any things made by members. The Agent presented this situation to the group and they decided to discuss it at their local meetings and come to a conclusion at the January council meeting.

A copy of the score sheet used for each member to judge the exhibits is enclosed. Casa Grande afternoon club exhibit was judged high point and included a poster showing each lesson in the years program as well as many Christmas gift suggestions. Eloy and Kenilworth were second. Superior rated high with a display of the sewing cabinets they had made.

Three of the presently organized Homemaker Clubs hold their regular meetings in the evenings. This situation makes it more difficult for them to have as complete a lesson as might be possible in a day time meeting. It also makes it more difficult for the Agent to meet with them as some are located at distances making it undesirable for night travel alone.

It is unfortunate and regrettable that Sonora Homemakers were not able to get reorganized in the fall. The President is working and several members have moved away. It is hoped they may feel it possible to reorganize later. They do plan to continue with 4-H Club work in Sonora.

The new Director of the Migrant Ministry program with farm workers, who came to the County soon after the Agent arrived, Miss Marie Basl, visited the office and ask for help in supplying Nutrition and food bulletins for their volunteer workers. The Agent advised on some phases of the program and attended the beginning part of their workers training meeting. Another previously scheduled meeting, prevented further participation in this meeting.

The Agent judged 4-H club and Homemaker exhibits at 3 County Fairs in September and October. She went to Yavapai, Gila & Pima Counties.

Weekly office conferences with all County Agents in attendance have helped to keep each informed on the entire program.

The assistance of an Extension Committee with representatives from organized Agricultural and Homemaking groups is expected to be a benefit to the County Agents. This committee will be able to help the Agents to understand county needs and to develop a program fitted to these

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needs. The program will be planned and the committee informed so as to allow new workers to step in and assist with a well planned program rather than try to build a new one. A well rounded, long time program should result. Two Homemaker Council representatives and one woman member at large are to be selected for this committee. These members were selected at Council meeting November 1st.

Officers training and the next council meeting is scheduled to be held in Coolidge, January 11th with Kenilworth club as hostess.

The Casa Grande Chamber of Commerce has invited the two local Homemakers clubs to exhibit at their Banquet December 6. This Banquet is planned for a large attendance of Business Men and their wives at which exhibits of the various organizations will show that the community has to offer in the way of cultural social and business advantages. The Agent is assisting these 2 clubs to plan and prepare the exhibit. A poster will show the various steps through which Homemakers work comes to the community from the United States Department of Agriculture down to the local clubs. From the clubs and the 4 phases of subject matter the program for 1955 and 1956 will be presented by connecting ribbons from each lesson to the particular subject.

A Christmas letter was prepared to go to each Homemaker member and Home Ec. 4-H Club Leaders in the County. Recipes and Christmas suggestions were included in this letter to about 264 Homemakers and 4-H Club Leaders.

For fear leaders report sheets, for the various projects, had been misplaced this Agent prepared and sent a copy of the sheets to the project leaders. They were requested to get a final report from club members at the October meetings. For the most part these reports were submitted. Results shown from the reports are given under the various subject matter headings.

### CLOTHING

There was no planned program in clothing for Fall, but the Agent included information in the weekly column and radio program. Questions concerning clothing were answered at meetings, office and telephone calls.

As a result of offering the circular 228 "You Can Make this Sewing Cabinet" in the H.D.A. newspaper column there have been 48 circulars distributed. Only 6 cabinets are known to have been made, but other homemakers are planning to make them. Superior Homemakers had materials cut and had a special work day to construct cabinets.

Very fine verbal reports on the lesson "You and Your Clothes" have been heard from the various Homemakers. Reports secured from clothing leaders in the Clubs are as follows:

Seven clubs report the lesson given to 96 members.

1. Showed by demonstration - 3
2. Illustrated talk, using charts & figure only - 5
3. Made an analysis of each individual in club - 3

	Many	Few	None
1. How many analyzed own figure using check sheet?	6 checks	1 checks	
2. How many found it easier to select patterns for making their dresses?	3 checks	4 checks	
3. How many were conscious of line in buying ready-to-wear, rather than dependent upon salesperson's judgment?	6 checks		
4. What grooming habits did members improve - decide to improve?			
a. Shoes	3 checks		
b. Weight control	2 checks		
c. Hair	3 checks		
d. Cosmetics	2 checks		

#### HOME MANAGEMENT & HOME FURNISHINGS

The lesson "Bleaches, starches and iron tests" given before this Agent arrived seems to have been very well received.

The 3 Leaders reports that were in the office indicate that the lesson was given by discussion & demonstration and they each had the group take part also.

Final reports from 7 clubs give the following:

1. Number who tried new starches	-	52
2. " " " " bleaches	-	45
3. Number selecting either starch or bleach for a particular job	-	49
4. Number measuring the amounty of bleaches used in laundry load	-	61
5. Number testing irons	-	80

One leader indicated the surprise of members at finding the effectiveness or ineffectiveness of their irons. Some of the well known brands were found (as a brand) not to heat on the points where the highest heat is needed.

The lesson "Electrical Equipment-Care & Repair of small Appliances" was not given in the Spring as scheduled, but was picked

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up for the October and November lessons in clubs.

Training meeting for Home Management leaders was held at 11 Mile Corner to 12 leaders from 6 of the valley clubs. The Agent feels this was a most rewarding meeting that gave the Leaders fine helps to pass on to their members. Reports indicate that Casa Grande Evening and Maricopa divided the lesson for 2 lessons.

The training meeting for the Ray and Superior area was not held as Ray club had the electrician husband of one member gave them a lesson in the Spring. With this situation the Agent gave the lesson to Superior and again to the newly organized groups of San Manuel & Mammoth in a combined meeting.

Complete reports could not be secured on this lesson but to date reports are as follows:

1. Number at meetings	104
2. Number who learned not to overload circuits	104
3. Number who checked present use of circuits at home	86
4. Number who learned how to read electrical advice on equipment	104
5. Number who adopted the use of Underwriter's knot for safety	78
6. Number who accepted safer practices	104

The O.S. Stapley company of Casa Grande was generous in loaning equipment for the above leader training meeting.

#### FOOD PREPARATION

The lesson on "International Cookery" used in the January lessons has seemed to carry through the year very well. Reports from various members show they have used specific recipes many times during the year.

Copies of the recipes as prepared by Miss Lempe have been given to several members of the new clubs.

#### clubs

Most of the reported they had their lesson by asking each member to prepare a certain recipe to make up the noon meal. Some foods were demonstrated and all were discussed at the meetings.

Casa Grande Afternoon club had a special meeting for learning more about candy making from one of their members who is quite expert at it. At this meeting they again repeated the International Cookery by preparing the various recipes for their covered dish luncheon.



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Reports from 7 clubs indicate the following results from this lesson:

Name of Club - Pinal County  
Number of members who took the lesson - 101  
Number of members outside of club who received the information - 34  
Number of members who found the discussion of International  
cooking helped add variety in their family's diet - 99  
Number of members using recipes for international cooking given  
in literature - 74  
Number of members who learned something of the eating habits of  
foreign countries - 52  
Number of members who checked their family's daily diet on  
chart with "Wheel of Good Eating" - 71  
Number of members who improved their family's diet as a result of  
discussion of Up-To-Date Nutrition - 75

The Agent cooperated with Miss Virginia Belden, the Home Service Director of the Gas Service Company in Coolidge in judging for the Cake contest held in Eloy.

#### FOOD PRESERVATION

Mrs. Marie Wells reported to the Agent that the former H.D.A. had stored some foods in her home food freezer about a year ago. In checking on this it was found that some of the items were in various types of packaging materials, evidently for determining quality of packaging materials. Mrs. Wells is a member of the Casa Grande Afternoon club so it was decided that these frozen foods be used in a lesson for that club. These foods were opened, viewed and tasted to help determine their quality. The poorly packaged foods proved the importance of proper materials and methods of packaging. The fact that some of the foods had been stored too long made it difficult to determine quality.

Other packaging materials than those used were shown and discussed and other methods and suggestions for freezing foods were given. This group had many questions.

#### HEALTH

It was gratifying to see the fine work being done by the Homemakers and cooperating agencies of Eloy through the "Well Baby Clinic". The Agent visited the clinic in operation and met the Dr., Health Service Personnel and other helpers. This is the chief community service project of the Eloy Homemakers Club. They are receiving financial assistance from other agencies in the community. This center was visited and its workers visited by Coolidge women as they are establishing a Well Baby Clinic in their community.

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REPORT SUMMARY      -      Aug. 20, 1955 to Nov. 30, 1955

Days in office	-	36
Days in field	-	49
Days spent conducting adult work	-	41
Days spent conducting 4-H club work	-	44

Eight Homemaker clubs were active when the Agent came to the county and 2 have been organized in San Manuel & Mammoth. 4-H club work in Home Economics was organized & carried in 13 communities. New clubs have been organized in the fall of 1955 in Mammoth, Red Rock, Toltec, Florence & Valley Farms.

Two county Homemaker Council meetings were held with 108 attendance. The Agent attended these meetings. Two county 4-H Council meetings and the county wide Awards program were attended by the Agent. State 4-H Round-up was also attended.

A total of 86 home visits were made. There were 74 office calls 135 telephone calls. There were 1273 bulletins distributed.

The Home Demonstration Agent held or participated in a total of 37 adult meetings with 1677 attendance, and 27 4-H club meetings with an attendance of 2935.

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ANNUAL HOMEMAKERS' ACHIEVEMENT DAY



Skit: Maricopa Homemakers



1st place exhibit Casa Grande  
Afternoon, poster show each lesson  
for year.

ANNUAL HOMEMAKERS' ACHIEVEMENT DAY



Eloy Homemakers, shows well baby clinic progress, electrical lesson & some crafts taught by members.



Superior Homemakers, shows sewing cabinets made by members.

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## *Homemakers' Hints . . .*

By Virginia Twitty  
County Home Demonstration  
Agent

### **Sewing Cabinets**

Mrs. Robert Maynard of Superior tells me that the sewing cabinet is more difficult to make of plywood than it might be of the pine called for in the bulletin.

### **New Club**

A new Mammoth Homemakers Club is being organized to add to the County list.

### **Know How to Select Turkeys**

Know what you're looking for when you buy a turkey?

Decide first just what you want—enough for Thanksgiving dinner only, or do you plan on leftovers for hash and cold sliced turkey for sandwiches. One-half a pound of turkey per person for each serving. This is figured on the basis of a "ready-to-cook" bird. So, a family of four needs two pounds of turkey for Thanksgiving dinner alone.

An eight to 10-pound bird normally yields 16 to 20 servings of turkey, a 10 to 14-pound bird gives 20 to 28 servings, a 14 to 18 pounder gives 28 to 36 servings, and an 18 to 20 pounder gives 36 to 40 half-pound servings.

Look for the following things when buying fresh, ready-to-cook turkeys this season: A creamy-colored skin, free from blemishes, tears and pin feathers. A wide, long, well-filled breast and plump meaty thighs and legs. A flexible breast bone. This shows that

This clipping is one of the articles which appears weekly under the Homemakers' Hints Column in the following newspapers of Pinal County; Casa Grande Dispatch, Coolidge Examiner, Dloy Enterprise, Superior Sun and San Manuel Miner.

## *Homemaker's Hints . . .*

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Look for the following things when buying fresh, ready-to-cook turkeys this season: A creamy-colored skin, free from blemishes, tears and pin feathers. A wide, long, well-filled breast and plump meaty thighs and legs. A flexible breast bone—this shows that the bird is young. Ready-to-cook poultry is the only fresh-marketed type bird that can carry the U.S. Inspection and Grade marks.

If you buy a frozen turkey, pick out a hard-frozen one. Check closely to see that the bird shows no signs of "freezer burn"—red, dry-looking skin. And, avoid buying birds when the freezer wrappings are torn or punctured. These wrappings must be moisture-vapor proof. Some frozen poultry is U.S. Graded and Inspected. Look for these labels.

### **Don't Store Stuffed Turkey**

Don't stuff that turkey until just before putting it in the oven.

Not even the coldness of your home freezer can cool off hot dressing inside a turkey fast enough to eliminate chances of harmful bacterial action—spoilage—inside the mass of dressing. We strongly advise stuffing your Thanksgiving bird just before roasting it. Then, take out the leftover dressing and store it separately after the big holiday meal.

To save time, it is all right to mix the dry parts of the turkey dressing in advance. But, add the liquid just before stuffing the bird for roasting.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
CASA GRANDE

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND PINAL COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

September 7, 1955

Dear Homemaker:

The time for program planning is upon us and I am so new to your county that I will need lots of help and patience from you folks. I think I will be able to meet with most of the Clubs in September to meet you members and to discuss the possibilities for the 1956 program. In talking with County Council Officers it seems the most convenient date is to be Wednesday, September 28 at the Eloy Community Center. As before each club will be represented by voting delegates but everyone is welcome to attend and participate in this council meeting.

It seems the important thing at hand now is for you to think seriously of what you have had and what you would like on the 1956 program and be ready to discuss possible topics at your September club meeting. After thorough consideration of all topics, your club members will want to decide what they would like for the delegates to vote for. Decisions of this kind are not always easy to make, but the best interests of the entire club have to be considered of first importance. Get your heads together and come up with some good suggestions. You may want to have something that relates to and strengthens some of the lessons of the past few years.

The following will give you some idea of what the project situations are and some questions in relation to the various projects.

#### CLOTHING

It is likely that there will be little change in clothing prices as related to recent years. Over the past few years clothing prices have declined more than food and home furnishings. The "Do-it-Yourself" craze for doing something creative has spread to clothing designing as well as construction.



Fabric finishes are proving to be problems. With all of the fashion changes of the past year, patterns and ready to wear selections are presenting problems. Fall designs present even more drastic need for basic understanding of design. This is evident in fashions of tunics, overblouses and long torso garments.

More and more information is being made available on labels. Some standardization of sizes for ready to wear and patterns may be available in the near future.

#### BUYMANSHIP

1. Do you know what and where to look for good construction in ready-to-wear?
2. Do you look for and understand labels on fabrics and ready-to-wear?
3. Do you have a wardrobe where each part harmonizes, or is it a hodgepodge lacking in harmony of color, design, etc?
4. What specific garments present problems when you buy?
5. Is selection of accessories a problem to you?
6. Do you seem to never have the right clothes for the right place? Do you plan your wardrobe?
7. Would you like to know more about combining colors to make the most pleasing color combination?

#### CONSTRUCTION

1. What is your major difficulty when making your own clothing?
2. What is your problem in sewing for others in your family?
3. Are you interested in saving time when sewing?
4. Can you do decorative detail finishes that give that expensive look to garments.
5. As you look at ready made clothing, what techniques do you wish you could do?
6. Is altering and fitting a pattern your great difficulty in sewing?
7. Is fitting a garment your great concern when sewing.
8. Do you have difficulty working with new synthetic fabrics: nylon, dacron, acetate, etc?



## HEALTH AND COMFORT

1. Do your feet hurt? Do you have difficulty in finding shoes for self and children?
2. Do you know what to look for in selecting healthful children's shoes?
3. Are the house dresses that you make comfortable? Do they give you comfort and freedom when you work.
4. Can you purchase comfortable foundation garments (girdles, brassieres)?
5. Good grooming can be had for little money and helps to make you well-dressed. Do you have best grooming habits?
6. Is your hair your problem? Do you try to change your hair style to give yourself and others a change?

## EQUIPMENT

1. Do you know how to clean your sewing machine?
2. Do you make best use of your machine, that is, do you know how to use many simple attachments?
3. Do you know how to store different kinds of fabrics?
4. Do you know how to press different kinds of fabrics?
5. Do you have equipment and a place to sew?
6. Do you have adequate space for storing sewing equipment and materials?
7. Would you like to make a simple sewing cabinet for small sewing equipment?

## FOOD AND NUTRITION

Changes in the cost of food is a matter of great concern to homemakers. Food costs will continue to take a large bite out of family budgets. From disposable income (income per person after income taxes) 25 percent goes for food.

Farm people generally appear to be better fed than they were a year ago. However, recent diet studies show shortages of milk for calcium; of vitamin C rich foods as tomatoes, citrus fruits and cabbages; of green and yellow vegetables for vitamin A.

Surveys show that women of child-bearing age and adolescent girls rate the poorest diets in the United States. Are these problems in our county?

The evidence available at this time indicates that diet, if anything, is more important than cleanliness in the care of teeth. Arizona Public Health News, April 1951, reported that practically 3 out of every 4 Arizona school children were in need of dental care. Many have never visited a dentist's office. Is this still the case?

## HEALTH AND NUTRITION

1. How many babies are dying in your community before their first birthday?
2. Are the food habits of adolescent girls in your county good? How about your own food habits? Are you among the best fed mothers?
3. Are you making it possible for the young married women and mothers of young children to attend homemaker club meetings?
4. Could milk dispensers replace soft drink dispensers in school.
5. Is overweight a problem; is underweight a problem in your community?
6. Are homemakers interested in learning the nutritive value of foods? How many calories, how much protein, how much calcium, vitamin C and B vitamins that are needed every day for health?

## THE HOWS AND WHY OF COOKERY

1. Do all homemakers in your community buy only enriched flour and bread products or products made with 100% whole wheat?
2. Are homemakers using time-saving equipment such as pressure sauce pans, broilers, and well cookers?

## BUYMANSHIP

1. Are homemakers buying meats by grade? Do they prepare the less tender cuts and lower grades of meat so that families enjoy eating them?

## FOOD PRESERVATION

1. Is it time for a pressure canner clinic? How long since pressure gauges were checked?
2. Do owners of home freezers save money by keeping their freezers full and using frozen foods every day?
3. Do homemakers need help in the preparation of foods for freezer storage?

## ENTERTAINING AT HOME

1. Is entertaining guests at home fun or a burden?

## HOME MANAGEMENT AND HOME FURNISHING TRENDS

There is no shortage of heavy household equipment. Some small appliances flood the market now. Items taking a "large bite" from the Home Furnishing dollar are furniture and soft floor coverings. There is a shortage of only one floor fiber-wool. Cotton blends of fibers push for front place. Quality is the factor involved. Vinyl plastic crowds other hard surface floor coverings for acceptance. It has earned its place and is beyond the experimental stage. Blends of new fibers are being used in all classes of fabric merchandise.

## HOME MANAGEMENT

### The Family's Money

1. What place do you hold in the money plans of your family?  
Does a homemaker have a responsibility in planning money use?
2. Where do other family members fit in this plan?
3. What shall the family buy to meet the needs of every member?

### The Family's Time and Energy

1. Pooled family time and energy make family work easier. Easy work gives opportunity for recreation, hobbies, etc.
2. Does your family have a plan for tapping this pool? Does every member use his special skills around home?

## HOME IMPROVEMENT

### What Does Your Home Need To Make It -

- More interesting?
- More Attractive?
- More convenient and comfortable?
- Safer?
- A healthful spot for every member?

### Could you accomplish all this by -

- Spending money?
- Simply "changing things around" in the home?
- Everybody sharing work?

## HOMEMAKER TRAINING

1. What skills do you need to learn?
2. What skills do you need to "brush up" on?
3. What training for community service does your club group need?

## HEALTH AND COMMUNITY SERVICE

This topic can include many of the projects that you have been wanting to include in your program. Health is of great importance at all times.

The Red-Cross courses that were started last year will need more work. Films can be made available.

This year's excess water and the mosquitos probably gives you some idea of spots in your community that need to be cleaned up.

Flower arrangements.

The Eloy Homemakers are providing for lunch to be served at the usual cost. It is necessary that reservations be sent to Mrs. L.E. Kinnie, Box 952, Eloy by September 26. There will be someone to care for the children also. Please indicate, with the reservations, how many children there will be.

May we have a good and satisfying program for 1956.

Sincerely yours,

*Virginia E. Twitty*

Virginia E. Twitty  
Home Demonstration Agent

Vet:jb

cc 250



Dear Homemaker:

Christmas Holidays are busy ones, but the time when you plan to be ready for whatever or whoever comes your way. This takes some planning and the use of some of those good management practices that Homemakers are famous for preaching.

You do want to relieve yourself of as much last minute rush & confusion as possible so you will be able to enjoy the festivities with your Family & Friends. They want to enjoy you too.

Make your home freezer work for you by preparing foods ahead of time. Be sure you have some extra foods for snacks. Have your seldom used table linen, silver and china ready for use. Your window cleaning and curtain washing doesn't have to wait until "The Night Before Christmas" to be done.

I hope you will try some of these recipes. Some of them are my favorites.

#### Pine Cones Make Color for Your Fireplace

Treated pine cones will make colorful Christmas flames in your fireplace. To make red, blue or green flames all you do is dissolve one pound of a particular chemical in a gallon of water. Here's the recipe:

For red flames - use Strontium Nitrate salts  
For blue flames - use Copper Sulfate  
For green flames - Use Boric Acid

Soak the cones in the solution for about 15 minutes. Then, let them dry for a day or two. Simple, isn't it? Pine cones from an Arizona forest, chemicals from the druggist, water from the tap; Mix well; dry thoroughly and burn colorfully during Christmas week.

#### Ham Loaf

1 pound smoked ham  
1 pound ground pork (lean)  
2 beaten eggs

1 cup strained tomato juice  
12 rolled crackers  
(little onion, and green peeper,  
no salt)

Mix together and make into a loaf. Dot with butter (not necessary), sprinkle top with cracker crumbs. Bake 1 hour at 350.

#### Bohemian or Spiced Tea (Serves 20)

3 qts. boiling water  
1 cup sugar  
1 teaspoon whole cloves  
1 stick cinnamon

1 tablespoon orange Pekoe tea  
3/4 cup orange juice  
juice of 2 lemons

#### Method

Tie spice loosely in a cloth bag & add to sugar & hot water. Boil 10 minutes, turn off heat & add tea, tied in a bag. Cover let stand 5 minutes. Remove spice & tea bag. Add fruit juices & serve hot in teacups.



## Candied Grapefruit Peel

Cover peel from 2 grapefruit with water. Add 1 teaspoon salt. Boil 1/2 hour. Drain. Boil 1/2 hour longer or until tender, changing water several times to remove all bitterness from peel. Cook peel in this gently until syrup is nearly absorbed. Drain. Roll in sugar.

Add 2 tablespoons light corn syrup to sugar syrup to make a softer-textured peel.

Colored Peel: Add red or green vegetable coloring to syrup, or roll strips in colored sugar.

Spiced Peel: Add a little cinnamon or clove to syrup. Tie spices in cloth to prevent darkening peel.

Mock Ginger: Ginger added to syrup gives a confection very much like crystallized ginger root.

Chocolate Peel: Coat with melted dipping chocolate.

Minted Peel: To syrup add a few drops of mint flavor or oil of peppermint & tint with green food coloring.

Here is a favorite recipe of Mrs. Marie Wells of the Casa Grande Afternoon Homemakers:

### Fruit Cake with Apple Sauce Cake Base

1 C. shortening  
2 C. sugar  
2 C. apple sauce  
2 teaspoons soda  
2 eggs

4 C. flour (sift before measuring)  
1 teaspoon nutmeg  
1 teaspoon allspice  
2 teaspoons cinnamon  
1 teaspoon salt

Cream shortening & sugar, add eggs, beat well. Add apple sauce & lastly, sifted dry ingredients.

To this base add:

1 package fruit cake mix - 2 C. raisins

1 cup chopped nuts - 1 C. currants - 1 C. chopped dates

Any other fruit may be added. Such as - dried apricots - figs etc.

Raisins may be both white and dark.

Bake in 225° oven for 1 1/2 hour - as fruit cake recipe on (Radiant) mix instructs - with pan of water in bottom of oven.

With very best wishes for a Healthy & Happy Holiday season & May 1956 be a good year for all.

Sincerely,

*Virginia E. Twitty*

Virginia E. Twitty  
Home Demonstration Agent